



Navy Tobacco Program Metrics - Summary Report

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This summary covers the MTF Tobacco Program data reported to the Navy Environmental Health Center Health Promotion Program for the period of July through December, 2003.

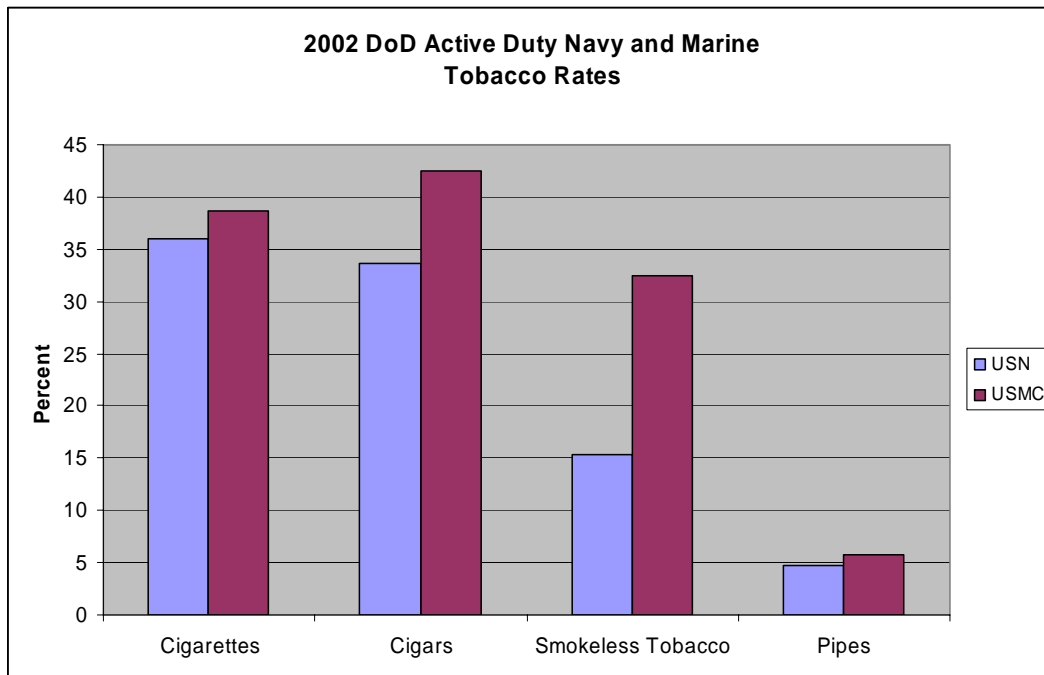
Commands reporting their Tobacco program metrics to NEHC were the following respondents- USNH Rota, USNH Naples, USNH Keflavik, USNH Guantanamo Bay, BMC St. Mawgan, NMC UK; NH Camp LeJeune, Quantico Semper Fit Center, NH Twenty Nine Palms, NH Camp Pendleton, NH Cherry Point, NH Beaufort, BMC Yuma; NMMC, BMC Sugar Grove, NMC Annapolis, NMC Pax River, NMC Portsmouth, BMC Oceana, BMC Little Creek, BMC Sewells Point, BMC Northwest; NAAC Groton, NAAC Newport, BMC Brunswick, BMC Portsmouth; NH Bremerton, NH Oak Harbor; USNH Guam, USNH Yokosuka, USNH Okinawa, NMC Pearl Harbor; NH Corpus Chrisiti, BMC Ingleside, BMC Kingsville, NH Pensacola, BMC NASP, BMC Whiting Field, NH Jacksonville, BMC Mayport, NH Charleston; NH Great Lakes; NMC San Diego, NAS North Island, BMC 32nd Street, Tricare Chula Vista and Clairement.

The 2002 Department of Defense Survey of Health Related Behaviors Among Military Personnel

www.tricare.osd.mil/main/news/DoDSurvey.htm found an increase in tobacco use among the military from the previous 1998 survey. In the Navy the smoking rate increased from 34.9% to 39%; and in the USMC the smoking rate increased from 34.9% to 38.7%. Another significant



finding was that 30.2% began smoking after joining the military. The table depicts the results of cigarette, cigar, smokeless and pipe usage in the Navy and Marine Corps.



Health Promotion work in Tobacco programming for the time period of July-December, 2003 included the following-

- **A total of 799 Tobacco awareness & education activities and briefs were given.**
- **One MTF reported a new command policy on Tobacco.**
- **The number of individuals who quit during the 2003 Navy/Marine Corps Great American Smoke Out Day was 171.**
- **Health Promotion Programs trained 107 new Tobacco facilitators during this time period!**
- **A total of 633 Tobacco treatment groups were offered to beneficiaries by Naval MTF's.**



Participation

- A total of 3169 individuals participated in Tobacco Cessation Treatment.
- Of those who participated, 71.8% of those who began treatment actually completed the entire regimen.

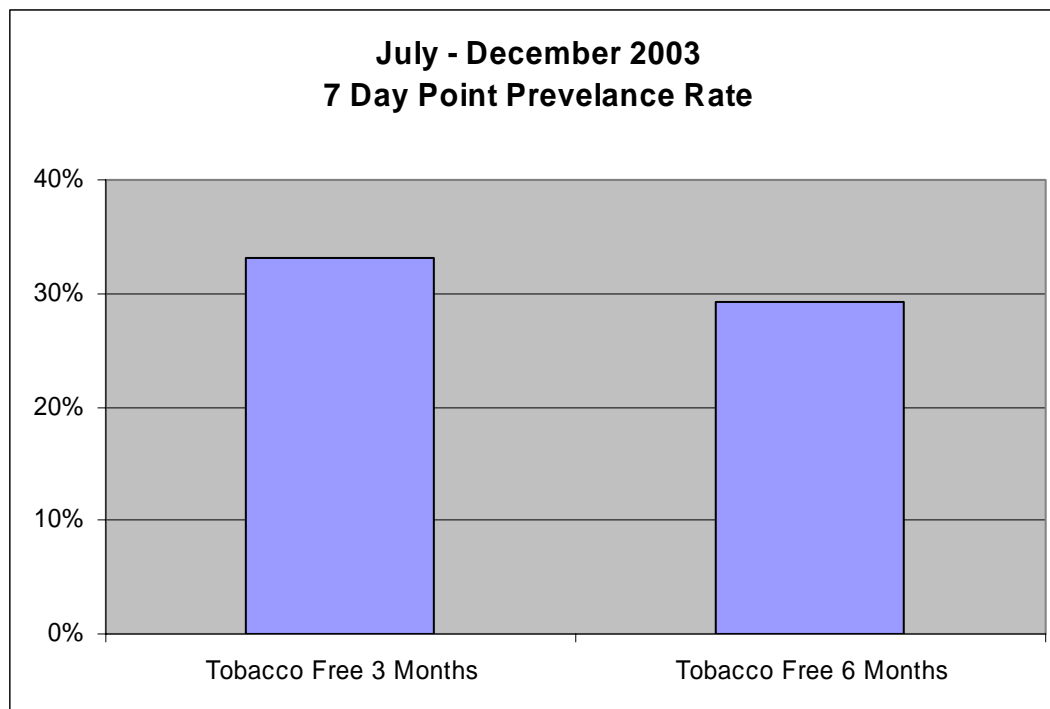
Medication Costs

- The total costs of pharmacotherapy (Nicotine Replacement therapy and medications) reported was \$402,053.

Quit Rates

- The actual number of persons who quit using tobacco from treatment was 1348.
- The 3 month seven day point prevalence rate*, from those who reported it, was a success rate of 33.2%.
- The outcome data from the six month seven day point prevalence rate was 29.2%.

* The seven day point prevalence rate is defined as those who are tobacco free during the previous 7 days. It is computed by dividing the number of persons who began treatment by the number who are tobacco free/abstinent. This is the DoD standard outcome metric for tobacco.



Program Highlights & Innovations

- **NNMC implemented a new one session Tobacco intervention with medications!**
- **Health Promotion Programs that have a devoted full time Tobacco Program Coordinator offer lots of treatment! These sites include- Pearl Harbor, NH Bremerton, NH Camp LeJeune, NH Camp Pendleton, NH Jacksonville, BMC Mayport, and NMC San Diego.**
- **NH Pensacola instituted Tobacco Use Cessation Clinical Practice Guidelines in Primary Care.**



Recommendations

Regular and consistent collecting and reporting of Tobacco programming and metrics by all MTF's and Navy Health Promotion programs is recommended.